Brick By Brick We Build Our Lives

Through every moment or through every learning experience you add a new brick to your life, a brick that is strong and different from every other brick that came before. Each brick will build to the big picture at the end, the home that you build within yourself, your life. Every place you go, every person you meet, and every experience you go through will teach you something about who you are and what you need in order to become better. There are many moments or people in your life that may teach you important lessons. Throughout my life there has been several moments where people have influenced my outlook on life and where I want to go. There have been several learning experiences in my life before high school, but a major moment that’s one of the strongest bricks holding up my home, started with a specific heart wrenching experience in high school. Building onto this experience, college is a whole new world full of many different opportunities where struggles will be felt and tons of decisions will be made. The next step in life, for me at least, will be focusing on the career I made for myself by climbing and reaching the top of my house I continue to build. Brick by Brick your life (house) continues to build by the experiences in your life in which you learn and become the strongest person who you choose to be.

She felt that she was worthless and didn’t know what else to do. She couldn’t help but sit there and think about all the issues she’s dealing with. Cutting and starving herself was the only relief for her. Never would it ever cross her mind to talk to someone about her problems because that would just be embarrassing, when truthfully she has a few people willing to talk to her, willing to help. This time, the bathroom stall was her secret hide out and her own house key was her weapon. It seemed perfectly fine to her the first few times she did this but once it got to the point where with everything that went wrong she turned to hurting herself, this is when she turned to me. She searched through her mind for that one person she knew wouldn’t judge her that one person she knew would know what to do to help. I now had not a burden but an opportunity to help someone I love, make her feel that life doesn’t have to be this way. Her problems can be solved in a healthier manner. The first step she took in seeking help in someone she knew was a strong step to take when psychologically it’s a hard decision to make when everything seems to be confusing. This brick or moment she added to her life may not be something she’s proud to say but that brick made her life stronger. For every piece of life like this, there will be a brighter side to things there will be sun.

That brick made my life stronger. At this point where I had the opportunity to help, is when I sought out someone with expertise, a psychologist. This psychologist helped her overcome this mental state and helped her to move on in her life. This psychologist gave her the opportunity to feel like she was worth something that she meant to world to someone. This psychologist changed her life and she also changed mine. All in all you choose when you add another learning experience to your life and when you accept it to be a strong brick to your house. For me this experience became one brick, but to my friend this may have been two separate bricks one she struggled with and then one to put on top and say, “I overcame this and built a much stronger life for myself.” "Brick by brick, we can build it from the floor..."-Train.

I’m so confused; I thought I knew what I wanted but when endless people continue to tell you that your dream of becoming a psychologist will get you no where; is heartbreaking. It makes you think, what do they really know about what kinds of jobs are out there or what a psychologist does? Tons of thoughts were running through my mind and I search for the right thing to do, but I don’t know how to even start searching for the right career for me. Emotional with every thought of my career going down the drain, I didn’t even want to talk about it. Every time I tried to talk with someone I just got so frustrated and thought, well they don’t know how I feel, they have their life planned out, they have a strong focus on their career. Trying to focus on classes and other college issues, but also plan out my life, I struggled to find the right answer to my problem. Looking to my friends for the answers never really worked, they can’t decide for me. Once I got the courage to talk about it I tried everything in my power to figure this out, I asked several friends, I talked to my family, I even tried to do some research myself; when it dawned on me that I don’t have to do this on my own. I can get help from someone who knows all about careers. I sought help from the career office and they helped me focus on the things that I liked to do and what kinds out careers are out there. Just sitting there talking with her helped me a great deal, with figuring out that a psychology degree holds a lot of job options and that there is no need to worry. I don’t have to figure my whole life out in one day, that’s what life, is for. A building block in my life became the days that I struggled and then the day that I figured, psychology is for me. I lost sight in what psychology really meant to me, but because of that brick I had from helping my friend in high school, I regained what I had lost. "Brick by brick, we can build it from the floor..."-Train.

In my future I see myself graduating with my masters, happy for it all to be done and excited to be out in the real world putting all my education to use. I picture my future as me working in a psychologists’ office surrounded by other psychologists, but having my own practice. Day after day I may have my usual patients but those usual patients I get to see grow but also make mistakes, throughout my time with them. The hard part is trying not to get emotionally attached to my patients after seeing them through all their problems and build onto their own brick house of life. Now it is my turn to take my experiences and let them guide me to a stronger life. Learning after every day that I can’t let this affect my personal life. Through everything I will be rewarded with knowing that I have helped so many people have better lives just like that one psychologist did for my friend. Each patient will have their own quirks and follies, but this also becomes a learning experience for me to understand what they need. Every patient will help me build my life in my career, but hopefully I will build theirs’ too. You never stop learning and life continues to build on, "Brick by brick, we can build it from the floor..."-Train